

Reflections

Friday, April 24, 2020

Tammy Rocks

Tammy came up with the idea of calling local radio and TV stations for a PSA announcement for our free meditations. She is determined to get us on GMA! Angie and Jenny each jumped on the idea and we sent out press releases and called up to confirm. Nice work team!

Virtual Happy Hour

It was nice to see every one's face in one place. Thanks everyone for inviting your furry friends. I love to see the four-legged creatures with whom you share your lives.

Davide Rozzoni Rocks

One of our Italian outreach trainers sent this to Carol Monroe:

Dear colleagues,

I hope you and your families are well in this challenging times.

Recently an Italian psychologist challenged me in a Facebook group to "prove" the efficacy of the binaural beats technology by providing a list of independent studies and not using Monroe Institute articles/studies.

As I could not find such a list, I decided to search online and to create it although it is far from being complete. I am sharing it here with you hoping that it might spare your time in case you need it as well. Of course it would be great if you had additional references to add to it:

"Use of binaural beat tapes for treatment of anxiety: a pilot study of tape preference and outcomes."

<https://www.ncbi.nlm.nih.gov/pubmed/11191043>

"Binaural beat technology in humans: a pilot study to assess psychologic and physiologic effects."

<https://www.ncbi.nlm.nih.gov/pubmed/17309374>

"The effect of music with and without binaural beat audio on operative anxiety in patients undergoing cataract surgery: a randomized controlled trial."

<https://www.ncbi.nlm.nih.gov/pubmed/27740618>

"A prospective, randomised, controlled study examining binaural beat audio and pre-operative anxiety in patients undergoing general anaesthesia for day case surgery."

<https://www.ncbi.nlm.nih.gov/pubmed/16115248>

“The Effect of Binaural Beat Technology on the Cardiovascular Stress Response in Military Service Members With Postdeployment Stress”

<https://sigmapubs.onlinelibrary.wiley.com/doi/abs/10.1111/jnu.12304>

This study deals specifically about Hemi-Sync®: Anesthesia & Analgesia - International Anesthesia Research Society: “Hemispheric Synchronized Sounds and Perioperative Analgesic Requirements”

https://journals.lww.com/anesthesia-analgesia/Fulltext/2010/01000/Hemispheric_Synchronized_Sounds_and_Perioperative.35.aspx

“Binaural auditory beats affect long-term memory”

<https://link.springer.com/article/10.1007/s00426-017-0959-2>

“The Effect of Binaural Beats on Visuospatial Working Memory and Cortical Connectivity”

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0166630>

“A Novel Insight of Effects of a 3-Hz Binaural Beat on Sleep Stages During Sleep”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6165862/>

“Brain Responses to a 6-Hz Binaural Beat: Effects on General Theta Rhythm and Frontal Midline Theta Activity”

<https://www.frontiersin.org/articles/10.3389/fnins.2017.00365/full>

“Binaural Auditory Beats Affect Vigilance Performance and Mood”

<https://www.sciencedirect.com/science/article/abs/pii/S0031938497004368>

“Binaural beats enhance alpha wave activity, memory, and attention in healthy-aging seniors”

<https://digitalscholarship.unlv.edu/cgi/viewcontent.cgi?article=3661&context=rtids>

“The effect of binaural beats on working memory capacity”

https://www.researchgate.net/publication/275655551_The_effect_of_binaural_beats_on_working_memory_capacity

“The effect of binaural beat-based audiovisual stimulation on brain waves and concentration”

<https://ieeexplore.ieee.org/document/8539512>

A big hug to each of you!

Davide

NOTE: These articles are also referenced on the Monroe Archives:

<https://archive.org/details/tmiarchives-perceptual-studies-binauralbeats/Other%20Binaural%20Beat%20Studies/page/n1/mode/2up>

Note: This is what happens when you have extra time on your hands and the internet at your fingertips. Our Professional Association will love it!

Scott

Zoom & Skype call tips (the secrets of video conferences): *Seth Godin*

If you've ever joined more than three people on a Skype or Zoom conference call, I hope you'll appreciate these tips, and perhaps share them:

1. Sit close to the screen. Your face should fill most of it.
2. Use an external microphone or headset.
3. When you're not talking, hit mute.
4. Don't eat during the meeting.
5. When you're on mute during an audio call, you can do whatever you want. But when you're on mute on a video call, you need to act like you're truly engaged. Nod your head. Focus on the screen. Don't get up and feed your dog.
6. Don't sit with the window behind you. A little effort on lighting goes a very long way.
7. When you're talking, spend some time looking at the camera, not the screen. You'll appear more earnest and honest this way.
8. When you're talking, go slow. No one is going to steal your slot.
9. Don't walk if you're using a phone. And if you're using a laptop, don't put it on your lap.

These are obvious. They are generous. They're effective.

And almost no one puts in the effort to consistently deliver on them. It's worth it.

That's it for today.

See you Monday,

Scott